CLAIMS

1. A method of delivering a cosmetic or skin care product to its site of use comprising

a] combining the cosmetic or skin care product with a film forming polymer selected from liquid soluble polymers and low-temperature-melt polymers to disperse the skin care product throughout the polymer matrix

b] drying the mixture into a thin sheet

c] applying the sheet to the site of use, and

d] maintaining the sheet in contact with the skin at the site of use for a period of time sufficient for the polymer to melt if it is a low-temperature-melt polymer and release the cosmetic or skin care product or to dissolve in a liquid solvent present on the site of use if it is a liquid soluble polymer and release the cosmetic or skin care product.

2. The method of claim 1 where the polymer is a water soluble polymer and moisture present on the users skin is the liquid solvent that dissolves the polymer and releases the cosmetic or skin care product.

3. The method of claim 1 where the polymer is selected from the group consisting of water soluble polymers are pullulan, hydroxypropylethyl cellulose, hydroxyethyl cellulose, hydroxypropyl cellulose, carboxymethyl cellulose, sodium alginate, pectin, and mixtures thereof..

4. The method of claim 3 where the polymers are selected from the group consisting of pullulan, pectin and mixtures thereof.

5. The method of claim 1 where the polymer is a low-temperature-melt polymer and the heat on the users skin melts the polymer and releases the cosmetic or skin care product.

6. The method of claim 5 where the low temperature melt polymer has a melt point in the range of from about 70 to about 95 $^{0}$F.

7. A method of delivering a cosmetic or skin care product to its site of use comprising

a] combining the cosmetic or skin care product with at least one film forming polymer selected from liquid soluble polymers to disperse the skin care product throughout the polymer matrix

b] drying the mixture into a thin sheet,

c] dissolving the liquid soluble polymers in a solvent to release the skin care product, and

d] applying the dissolved cosmetic or skin care product to the site of use.

8. A lightweight solid cosmetic or skin care product in the form of a sheet comprising at least one layer where each of the at least one layer comprises at least one solid polymer selected from low-temperature-melt polymers and liquid soluble polymers, such polymer having at least one cosmetic or skin care product dispersed throughout the polymer matrix.

9. The lightweight solid skin care product of claim 8 where the polymer is at least one solid low temperature melt polymer.

10. The lightweight solid skin care product of claim 8 where the polymer is at least one liquid soluble polymer.

11. The lightweight solid skin care product of claim 10 where the polymer is at least one water soluble polymer.

12. The lightweight solid skin care product of claim 8 comprising at least two polymers.

13. The lightweight solid skin care product of claim 8 where the polymers are in the form of a laminated film where each layer of the laminate contains a cosmetic or active skin care ingredient and the cosmetic or skin care ingredients are selected from the same and different cosmetic or skin care ingredients.

14. The lightweight solid skin care product of claim 13 where the laminated film contains layers laminated on top of each other.

15. The lightweight solid skin care product of claim 13 where the laminated film contains layers laminated side by side.

16. A lightweight cosmetic or skin care product in the form of a sheet comprising a dehydrated or encapsulated cosmetic or active skin care ingredient dispersed within the matrix of a liquid soluble film forming polymer.

17. The product of claim 16 combined with sufficient liquid to dissolve the film forming polymer and release the cosmetic or skin care product.

18. The product of claim 17 where the liquid is water.

19. The product of claim 1 where the thickness of the film is in the range of from about 0.25 to about 12 mils.

20. The product of claim 1 where the thickness of the film is in the range of from about 0.5 to about 2 mils.